

## Chair fitness is a firm favourite at Sonya Lodge Residential Care Home



**At Sonya Lodge Residential Care Home, our weekly routine of chair fitness with Alex gets us all ready for our week!**

An hour of **different levels of chair exercises** with **great tunes**. Our lounge fills up with people waiting for the class and if it isn't full at first, it is by the end! Some residents start by watching and then slowly join in and then find themselves as regulars!

Our lovely Angela takes part every single week and recently commented: *"Chair fitness is my favourite class, it keeps us all fit and healthy and Alex is ever so good!"*

Maintaining our **residents' mobility and independence** is one of our biggest goals here at **Sonya Lodge** and chair fitness is one of the ways that allows us to do just that. We all love seeing our residents **build strength** and maintain mobility.

An important element of this is understanding a way to make exercising feel natural and enjoyable, so combining some different exercises with recognisable music is a perfect way and most importantly, it works!